

THE BEAR FACTS

JULY 2017

Vol. 10 Issue 7



JULY MOVIE MATINEE

CASABLANCA

A jaded nightclub owner in war-torn Casablanca, whose loyalties are put to the test when his old flame, Ingrid Bergman, reappears to seek Rick's help in escaping from the Nazis.

A timeless classic with Humphrey Bogart and Ingrid Bergman, Casablanca is considered one of the top films in history

July 18th
1:30PM

JULY'S RESTAURANT OF THE MONTH



MYKONOS CAFÉ AND TAVERN

Monday, July 10th
& Tuesday, July 11th

Why toil in the kitchen preparing lunch or dinner? Enjoy a great evening of excellent Greek food and Mykonos will donate 20% of your check to BCSC.

Please DO NOT bring extra coupons to the restaurants to pass out to random diners.



**BEAR CANYON SENIOR CENTER WILL BE
CLOSED ON THE JULY 4TH HOLIDAY!**



CITY OF ALBUQUERQUE
DEPARTMENT OF SENIOR AFFAIRS



BERNALILLO COUNTY



The Department of Senior Affairs is a community leader who, in partnership with others, involves seniors and people of all ages in creating a community that enhances everyone's quality of life by providing opportunities to achieve their potential, share their wisdom, maintain their independence, and live in dignity.



City of Albuquerque



Richard J. Berry, Mayor

Department of Senior Affairs

Jorja Armijo-Brasher, Director
Rhonda Methvin, Mgr. Recreation Div.

Bear Canyon Senior Center

4645 Pitt NE; Albuquerque, NM 87111

Phone: 505-767-5959

Fax: 505-767-5964

Hours of Operation

Monday	8 am—5 pm
Tuesday	8 am—5 pm
Wednesday	8 am—5 pm
Thursday	8 am—9 pm
Friday	8 am—5 pm
Saturday	9 am—3 pm
Sunday	Closed

Staff

Kyle Kemp, Center Manager
Anita Hamel, Program Coordinator
Sally Bartos, Office Assistant
Pauline Clements, Program Assistant
Barbara Lucero, Program Assistant
Madeline Velasquez, Cook
David Martinez, Kitchen Aid
John Sanchez, General Service
Kelly Trujillo, General Service

Articles are due by the 15th day of the month. Any material submitted is subject to editing. Inclusion of articles will be determined based on appropriateness of material and relation to the Center's goals and objectives.

Advertising Disclaimer: Businesses that advertise in this newsletter are not endorsed by Bear Canyon Senior Center, the Department of Senior Affairs, or the City of Albuquerque



[HTTP://WWW.BEARCANYONCENTER.COM](http://www.bearcanyoncenter.com)

FROM THE MIND OF THE MANAGER

Greetings of Summer,

Over the last couple of months, there have been many questions regarding Center fees, volunteer hours, membership cards, and scheduling of Center space. As we relax in the calmness of the Summer months, I wanted to take a moment to discuss some of these issues.

Senior Centers in Albuquerque are funded by the city's general fund in combination with state and federal funding. These three sources contribute varying amounts towards different aspects of the Centers based on quantifiable data that the City collects through the Centers and other resources. This data encompasses all aspects of our center including the number of memberships, volunteer hours, meals, services, trips, and, to a limited amount, the programs offered. Our ability to accurately report these numbers directly affects our access to state and federal funding. This means that every person who utilizes the center without a membership card, who volunteers hours without reporting them, or who incorrectly completes paperwork, represents a missed opportunity to capture additional funding for Senior Affairs.

So yes, Bear Canyon, along with the other centers have begun to focus on things like memberships, volunteer hours, services, and paperwork so that we can ensure that we are reporting accurate and complete statistics. In the next few months, we will be checking memberships when you enter the center, encouraging you to report your volunteer hours monthly (which requires registration with RSVP), and tracking which groups are meeting and for how many hours. Our goal is not to become "big brother" but rather it is to secure the funding to continue offering the exemplary services of today into the future.

Regardless of better reporting, the Centers are also facing the challenges of providing services for a rapidly aging population (including the rising cost of food) in an environment where state and federal funding is being cut. The recent fee increases (\$15 membership/\$3 Dances) will help offset a portion of this cost. However, it is important to note that even with these increases, Albuquerque Senior Center remain both the lowest price centers in the region, and the centers offering the best and most varied services. It is a testament to the commitment of the City and the Department of Senior Affairs that Albuquerque continue to be able to offer so much at such a low cost.

On an unrelated point - Please be aware of your surrounding as you enter and exit the center. While Bear Canyon has not had any incidences, many of the neighborhood businesses have reported problems. If you are concerned about walking to your car alone, please ask at the front desk and we will be happy to accompany you.

POP-UP TRIPS! REGISTER TODAY!



Tinkertown Museum July 24th

Outside, wagon wheels, old fashioned store fronts, and wacky western memorabilia. Inside, the magic of animation takes over as the inhabitants of a raucous little western town animate to hilarious life. Under the big top, diminutive circus performers challenge tigers and defy gravity while the Fat Lady fans herself and a polar bear teeters and totters... Tinkertown is New Mexico's most unique collection of memorabilia and crafts.

Check-in: 8:30 AM

Transportation Cost: \$3.50

\$3.25 Admission Fee payable at the museum;
lunch is on your own at a local restaurant.

The fantastic, funky Tinkertown Museum is an enchanted assortment of miniature, animated Western scenes...The giftshop alone is worth the visit."
— Sunset Magazine



Isotopes vs Iowa Cubs

August 1st

10:45 Check-in

12:05 First Pitch

\$14.50

Join us for an evening at Isotopes Park. Baseball, Hot Dogs, and Cracker Jacks - what could be better?
Space is limited so book your trip today!

The Met
ropolitan
Opera



CARMEN

AT THE METROPOLITAN OPERA

JULY 19TH

Sir Richard Eyre's gritty production of Bizet's steamy melodrama returns with mezzo soprano Elīna Garanča as the ill-fated gypsy temptress. Tenor Roberto Alagna plays her desperate lover, the soldier Don José, and Teddy Tahu Rhodes is the swaggering bullfighter, Escamillo, who comes between them. Yannick Nézet-Séguin conducts the timeless score, which features one beloved melody after another.

5:45 PM check-in / 7:00 PM Screening

Century Rio Theaters

\$15.00

TICKETS MUST BE PURCHASED BY JULY 8TH TO GUARANTEE YOUR SEAT

Trip Registrations

Don't forget that registrations for Trips in July, August, and September are available on July 5, 2017 at 9:00. There is usually a line for sign-ups before opening so arrive early for best selection.

Ron's Ride & Glide

Tuesday, July 18
Wednesday, August 16
Wednesday, September 6
\$6.50

ABQ Museum "Hollywood Southwest"

Wednesday, July 26
\$2.50

Funny Money - Adobe Theater

Sunday, July 30
\$16.00

Ronald McDonald House

Tuesday, August 8
\$2.50

Great Harvest Bread Company

Tuesday, August 22
\$2.50

The Savannah Sipping Society - Adobe Theater

Sunday, August 27
\$16.00

Bradbury Science Museum

Thursday, August 31
\$10.50

Driving Miss Daisy - Albuquerque Little Theater

Sunday, September 10
\$22.00

Balloon Factory

Wednesday, September 27
\$2.50

JULY TRIPS

Ron's Ride & Glide

Tuesday, July 18
\$6.50

ABQ Museum "Hollywood Southwest"

Wednesday, July 26
\$2.50

Funny Money - Adobe Theater

Sunday, July 30
\$16.00

Out To Dinner

Red Robin Gourmet Burgers

Monday, July 10
Check in: 4:45 p.m. Return: 8:30 p.m.
Transportation: \$2.50

Lunch Bunch

Hibachi One

Thursday, July 27
Check in: 10:45 AM Return: 2:00 p.m.
Transportation: \$2.50

Advanced Hiking

Thursday, July 6

Challenge Loop

Check in: 8:00 a.m.
Transportation: 5¢/mile

Thursday, July 20

Sandia Crest Trail North

Check in: 8:00 a.m.
Transportation: 5¢/mile

Aquatics-UNM Pool

Morning Session: M, W, F

Check in: 8:00 a.m.
Advanced reservation required.
Call 880-2800 to register

VOLUNTEERS

Please log the hours you volunteer either at Bear Canyon or while doing projects for Bear Canyon with RSVP. By accurately reporting our volunteer hours, we can both better understand the gift that our volunteers give to Bear Canyon and increase eligibility for state and federal funding.

SAVE THE DATE:

OUR ANNUAL VOLUNTEER EVENT IS ON AUGUST 25TH

RECEIVE THE NEWSLETTER

ELECTRONICALLY

If you go to www.bearcanyoncenter.com and click the Email icon on the home page, you can register to have the monthly newsletter, weekly event reminders, and special notices sent to your email. What's even better is the electronic newsletter is usually available earlier than the printed version.

JULY PRESENTATIONS

Healthy Eating to Control Cholesterol

Wednesday, July 12 from 10:00 - 11:00AM

Learn how different foods can affect your cholesterol levels including which ones should you limit or avoid.

Presenter: Humana

Home Composting Basics

Wednesday, July 19 from 10:00 - Noon

Learn the science, art, materials, methods, benefits and choices for home composting.

FRIENDSHIP COFFEE

Friendship Coffee is a wonderful opportunity to gather with old friends, and make new ones while enjoying a hot cup of coffee and a morning treat. The event is free thanks to the generosity of the following sponsors and supporters:

July 4	Center Closed
July 11	Sun Tours
July 18	WoodMark
July 25	Haven Behavioral

REGULAR MONTHLY MEETINGS

ABQ HISTORICAL AVIATION

1st Thursday at 7:00PM in Room 3

ALBUQUERQUE ACCORDION CLUB

2nd & 4th Thursday at 7:00PM in Room 3

CHEROKEE SOUTHWEST TOWNSHIP

2nd Saturday from 11:30-2:30 in Room 4

FISHING CLUB MEETING

1st and 3rd Monday at 1:00PM in Room 1

FRIENDS OF BEAR CANYON

2nd Thursday at 8:30AM in Room 1

GENEALOGY CLUB

3rd Friday at 12:30PM in Room 4

PROSTATE CANCER SUPPORT GROUP

1st & 3rd Saturday at 12:30PM in Room 3

SOCIABLE SINGLES

Meeting

1st Tuesday at 11:30AM in Room 1

3rd Friday at 3:00PM in Room 4

Games

4th Thursday at 3:00PM in Room 5

TGIF POETRY GROUP

1st & 3rd Friday at 1:00PM in Room 2

TOPS NM (TAKING OFF POUNDS SENSIBLY)

Thursday at 8:00AM in Room 4

VFW POST 10763

1st Thursday at 8:30AM in Room 1

ZIA SUNDIALS

2nd Saturday at Noon

COOKING WITH COMPASSION



2nd Tuesdays 1:00 - 3:00PM starting July 11th

Instructor: Nancy Arenas

This class will introduce you to cruelty free products, teach some kitchen hacks, and demonstrate how easy it is to adapt a healthier way of eating.



INTRO TO WATERCOLOR

Thursdays (7/13 - 8/10) from 9:00 - 11:00AM

For those interested in learning basic watercolor painting techniques and general practices including materials, composition, values, perspective and technique.

Instructor: David Wimsatt

Cost: \$10.00 plus materials



Thank you to Buffet's Popcorn Cannery for supplying gourmet popcorn for our June matinee.

Thursday Night Dance

Schedule for July-December

Join us on Thursdays from 6:00pm to 8:45pm for a whirl around the dance floor. Whether it is the waltz, the polka, the foxtrot, or the jitter-bug, you will have fun with your partner or with someone new.

Your current membership card and \$3.00 is all you need for an exciting evening of music and movement.

July	6	Swing Shift
	13	Roger Burns
	20	Trio Bravo
	27	RECORDED
August	3	Swing Shift
	10	Trio Bravo
	17	Roger Burns
	24	Recorded
	31	45's (Sock Hop)
September	7	Swing Shift
	14	Closed for Cleaning
	21	Trio Bravo
	28	Recorded
October	5	Swing Shift
	12	Roger Burns (Oktoberfest)
	19	Trio Bravo
	26	Recorded
November	2	Swing Shift (Black Tie)
	9	Trio Bravo
	16	Roger Burns
	23	Closed for Thanksgiving
December	30	RECORDED
	7	Swing Shift
	14	Roger Burns
	21	Trio Bravo
December	28	Swing Shift (Early New Year's Eve)

Geriatric Education and Health Maintenance (GEHM)

GEHM provides a wide variety of health services to help seniors obtain and maintain the highest level of health and independence. Services are provided by UNM nursing and pharmacy students.

Monday, July 24, 9:00AM – 11:00PM



Visit **TOPS** (Take Off Pounds Sensibly) for tips on portion management and other weight loss and maintenance information.

Thursdays from 8:00AM – 9:15AM

HAPPY BIRTHDAY TO ALL OF OUR MEMBERS BORN IN JULY!

JULY 13TH
FROM 11:30 - 12:30

Join us for our monthly birthday celebration as Bear Canyon gathers to wish you a Happy Birthday, sing you a joyous song, and share a piece of delicious cake. This event is free and all are welcome to join in the festivities.

**SPONSORED BY DAVID RIORDON,
INDEPENDENT INSURANCE AGENT**

In addition to Birthdays, here are some other July celebrations:

- 6 International Kissing Day
- 11 Cheer up the Lonely Day
- 14 National Nude Day
- 21 National Junk Food Day
- 27 Take Your Pants for a Walk Day
- 30 National Cheesecake Day

Department of Senior Affairs Fee Increase

Please note that effective July 1, 2017, Membership at DSA Senior Centers will increase to \$15.00, and dances will increase to \$3.00. The increase will help offset the costs of the programs while leaving the Albuquerque Senior Centers the least expensive, largest, busiest, and most beneficial in the Southwest region.

GUESS WHO IS 82?



**HELP US CELEBRATE
SOCIAL SECURITY'S 82ND BIRTHDAY!
MONDAY, AUGUST 14
1:30 - 2:30**

Entertainment by
Roger Burns!

Refreshments!





DRIVER SAFETY CLASSES

1st Saturday of month, 9:30AM – 1:30PM

3rd Thursday of month, Noon – 4PM

Call 767-5959 or visit the Center to register for a class.

Cost: \$15 for AARP members and \$20 for non-members.

Ice Cream Dessert Social Friday, July 21 1:30 - 2:30

In the Social Hall



Sponsored by Granfor's Realty, LLC

Congratulations to Friends of Bear Canyon

Friends of Bear Canyon is now an officially recognized non-profit (501)(c)(3) organization. They can now accept tax-deductible donations in direct support of Bear Canyon Senior Center as well as purchase supplies for the Center without paying sales tax.

A special thanks to Gail Garza and Gary Day who bravely completed the application process and successfully filed the paperwork with the I.R.S.

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E-mail: info@yncm-abq.com**

\$64 per hour (1 hour minimum) plus a \$10 per-trip fee.



PIE, ICE CREAM AND REAL ESTATE!

Hello my Friends of Bear Canyon Senior Center. There is nothing I like better than stopping by on the third Friday every month with Pie and Ice Cream for the Ice Cream social. I truly appreciate the many Thanks I get from a lot of you.

I have been in the Real Estate business since 2004. The Real Estate market is on an upward movement and that is good both for the economy of Albuquerque and for those who are considering selling their home. Perhaps you are considering down sizing since the children have all grown and moved on, or you may be thinking about moving into an independent or assisted living community. If that's the case give me a call and let's have a cup of coffee. I can tell you how the market is doing in your area and give you a free Market Analysis for your home specifically.

Stay Well My Friends,

Greg Gillogly, Senior Real Estate Specialist (SRES)

Granfor's Realty, LLC
Office 505-821-1309, Cell 505-328-5277
Email greg@granforsrealty.com

MONDAY MORNING CRIBBAGE IS LOOKING FOR NEW PLAYERS

Cribbage is a card game traditionally for two players, but often played with more, that involves playing cards in combinations which gain points. The game has several distinctive features: the cribbage board used for score-keeping, the eponymous crib or box (a separate hand counting for the dealer), two distinct scoring stages (the play and the show) and a unique scoring system including points for groups of cards that total fifteen. The objective of the game is to be the first player to score a target number of points, typically 61 or 121. Cribbage uses a standard deck of cards with no jokers where points are scored for card combinations that add up to fifteen, and for pairs, triples, quadruples, runs and flushes.

Cribbage is known for its scoring board—a series of holes ("streets") on which the score is tallied with pegs (also known as "spilikins"), since scoring occurs throughout the game, not just at the conclusion of hands as in most other card games. Points are registered as having been scored by "pegging" along the crib board. Two pegs are used in a leapfrog fashion, so that if a player loses track during the count one peg still marks the previous score.

Come join our group and learn to play a fun card game. If you have questions or would like more information, give Patrick a call at 227-1773.

MEMBER'S POETRY

Poetry Pointed

Poetry pointed,
Pierce my heart
With truth.

In your arms,
Let me die-
Purged by truth.

Resurrect me
Content,
Beautiful breath.

Raymond Mock



SAVE THE DATE!

Saturday, November 4, 2017

Vendors / Exhibitors

Tables and locations go on sale on August 1st at 9:00 AM. Space is assigned on a first come, first served basis so arrive early to get your favorite table and location

Chair Massage

Did you know that Bear Canyon offers chair massages on Mondays from Noon to 3:00pm? Imagine all the tensions in your body giving way to peaceful bliss.

Mondays from Noon to 3:00PM

Reflexology

A natural system of relaxation based on the principle that the body is reflected on the feet and hands. The application of pressure to these areas promotes improved circulation, balance and relaxation.

Wednesdays from 9:30AM – Noon



APPLE MAC

Apple iPad & iPhone Workshop

2nd Thursday of every month,

10:00 am – Noon

iPad and iPhone users, bring your iPad or iPhone and join the fun! This is a FREE workshop format where your iPad, iPhone, and iOS questions may be answered. Note: Kindle, Nook, Windows tablets, or Android devices are not covered. Seating is limited to the first 25 who arrive.

Contact: Bob Reed – reed1936@comcast.net

APPLE MACINTOSH DAY

3rd Saturday of each month,

9:45 am to Noon

Open to Mac users of any experience level—FREE. An open, interactive-Apple Macintosh Users meeting and workshop.

Activities include a question & answer session, demonstrations of various Mac Tips & Tricks, and useful presentations of other “how to” Mac related topics.

Contact: Bob Reed – reed1936@comcast.net



WINDOWS

PC COMPUTER WORKSHOP

3rd Wednesday every month 1:30 to 3:30 p.m.

Bear Canyon Computer Lab

This is a **FREE** monthly workshop forum where you have the opportunity to get your Windows PC related questions answered. Donations are appreciated. No registration is needed. Seating is limited to the first 25 who arrive.

Facilitators: Harold Gottlieb and Gary Day
Contact: Harold Gottlieb – hbgottl2@q.com

WINDOWS PC CLASSES AT BEAR CANYON

For a calendar of Bear Canyon computer activities, visit: <http://www.brownbearsnw.com/freecal/bcsc>

We conduct classes on a variety of Windows PC topics. To join our email list, and receive course notifications, contact:

Gary Day (505-292-4909 or garylday@msn.com)
or Walter Garrett (bcwinclasses@gmail.com)

OPEN COMPUTER LAB
Mon, Wed, and Fri
9 –11 a.m.

iMac, PC, and iPad are available
for members' use.

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THE WOODMARK
AT UPTOWN

DAVIS RIORDAN, INDEPENDENT INSURANCE AGENT

Breakfast Menu

Served 8:00AM to 9:00AM Monday - Friday

Full Breakfast \$1.50

2 eggs, 2 pieces of bacon or sausage,
Hash browns, toast or tortilla

Mini Breakfast \$0.75

1 egg, bacon or sausage. Hash browns, toast or tortilla

Breakfast Burrito \$1.50

1 egg, bacon or sausage, hash browns (chile optional)

A-la-Carte

Egg	.25
2 Pieces of bacon or sausage	.50
Pancake	.25
French Toast	.25
Toast or Tortilla	.20
Hash Browns	.30
Hot Cereal w/milk	.70
Side of Chile	.25

Drinks

Orange Juice	.25
Milk	.25
Coffee or Tea	.30

Lunch Menu

Served 11:30AM to 1:00PM Monday - Friday

Daily Lunch Special

\$3.25 for members 60 years of age and older
See below for daily special; must be reserved by 1:00pm on the
previous day; call 505.767.5959 for reservations

A-la-Carte (reservations not necessary)

Salad

Bowl	1.00
Plate	2.00


Sandwiches

Cold Turkey	1.50
Turkey Melt	1.50
"Salad" Sandwich of the Week	1.50
Grilled Cheese	1.25
½ Sandwich	.75
Slice of Pie (daily selection varies)	.50
Bowl of Soup (daily selection varies)	.50

Drinks

Milk	.25
Coffee or Tea	.30

JULY DAILY LUNCH SPECIALS

Monday	Tuesday	Wednesday	Thursday	Friday
3 BBQ Brisket Sandwich	4 	5 Frito Pie	6 Chicken Alfredo	7 Baked Cod
10 Spaghetti	11 Chicken Tenders	12 Cheese Enchilada w/ Red Chile	13 Cheese Omelet	14 Carne Adovada
17 Salisbury Steak	18 Spinach Lasagna	19 Green Chile Chicken Enchiladas	20 Baked Ham w/ Pineapple	21 Salmon w/ Lemon Butter Sauce
24 Broccoli Macaroni & Cheese	25 Chicken Fajitas	26 Fish Nuggets	27 Meatloaf w/ Mushroom Gravy	28 Pork Chop w/ Green Chile Sauce
31 Chicken Carbonara Alfredo	Lunch is served from 11:30AM to 1:00PM. Reservations required by 1:00 p.m. the previous day. Call 767-5959 to reserve your lunch special. Reserved meals not purchased by 12:30PM are cancelled. Ala-Cart menu available without reservations.			

Lunch Specials are subject to change without notice